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Family Planning

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Now,
you
have
a
choice

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DID YOU KNOW THAT PEOPLE WHO

--wait to have their first baby until it is right for them,

--space their babies at least two years apart, and

--limit the children in their families to only the number they truly want

are more able to afford the clothes, food and education they want their children to have and

are healthier and have healthier families.

--They suffer less from the complications of pregnancy,

--they have fewer miscarriages and premature births, and

--they are less likely to be anemic or diabetic and are not so tired at the end of the day.

WHAT FAMILY PLANNING IS

Family planning is for everybody regardless of age, sex, or marital status. you do not have to be a parent to qualify.

Family planning is *voluntary* action to plan and to assure the timing and number of children. The intent of family planning is to inform people that they *can* control pregnancies and then to provide them with help to achieve this planning. This includes *increasing fertility*, if such help is necessary.

Family planning takes into account each family's personal circumstances and wishes.

WHAT FAMILY PLANNING IS NOT

Family planning is not abortion! Abortion represents a lack of or failure of effective family planning.

Family planning is not genocide or population control. Its purpose is to enable people to have the number of children they want when they want them, to improve the general health of women and their families, and to reduce the number of infants and mothers who die.

Family planning is not *just* birth control. Medical services that may be performed by a physician include pelvic and breast examinations as well as screening for cervical cancer.





OTHER FAMILY PLANNING GOALS

In addition to helping people have children when they want them and only as many as they want, family planning also has other purposes:

- the prevention of pregnancies when considered dangerous either to the mother or the future child
- the diagnosing and treatment of cases where people are unable to have children
- helping families to accept an unplanned pregnancy.

Family planning services are voluntary. If you do not wish to apply for or accept family planning services or supplies, you do not have to. The choice is yours. Whatever you decide will not affect your right to aid or other services.

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TO GET FAMILY PLANNING SERVICES

Family planning services are available from your own doctor or family planning clinic.

Your local public aid office can help you find a doctor, if you don't have one, or refer you to the nearest family planning clinic.

If you do not have transportation to the doctor or clinic, request assistance from your case-worker.

YOUR MEDICAL ASSISTANCE CARD

To pay for medical services from a physician or a family planning clinic and the medical supplies or drugs you get from a pharmacist, you may use your **Medical Eligibility Card**.



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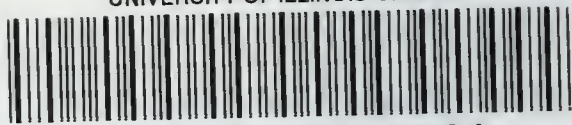
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316 South Second Street
Springfield, Illinois 62762**

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